

May is National Employee Health and Fitness Month

*By J.A. Ransom
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May 2004 is designated as National Employee Health and Fitness month. Employers are encouraging employees to take charge of their health by maintaining good health practices to develop and maintain healthful nutritional and exercise habits.

To support healthy lifestyles, KDHE sponsored its inaugural KDHE Employee Health and Environmental Fair.

The fair was held from 10 a.m. - 3 p.m. on Wednesday, May 12 in the KDHE Conference Room 530 (fifth floor) of the Curtis Building, 1000 SW Jackson Street. The free fair was open to all KDHE and State of Kansas employees.

This unique promotion brought KDHE health, safety and environment programs together at one time and location. State employees and KDHE staff learned more about agency programs for the public as well as learning how to develop their own healthy lifestyles.



Attendance was brisk from the event's opening at 10 a.m. in the KDHE Conference Room 530, and included many giveaways, including brief massages (below) and demonstrations for healthier living.

Exhibitors ranged from blood pressure checks, pressure point stress relief neck massage, public education displays for diabetes, breast cancer, lead prevention, waste management, to local community not-for-profit organizations such as Shawnee County Extension Service, Coast Guard Boating Safety, American Heart Association along with free healthy lifestyle giveaways and raffle drawings.

The following is a list of KDHE exhibitors:

Bureau for Children, Youth and Families
Linda Kenney, Director; Sound Beginnings (hearing testing), Kim Sykes

Bureau for Consumer Health
Childhood Lead Poisoning Prevention, Jessica Brack



Bureau of Epidemiology and Disease Prevention

HIV/STD, Pamela Barnum; Immunization Program, Debra Warren; West Nile Virus, Mike Cameron; Tuberculosis, Phil Griffin

Office of Health Promotion

Early Detection Cancer, Dorothy Frager; Tobacco Cessation, Carol Cramer; Safe Kids, Jan Stegelman; Diabetes, Heart Disease & Stroke Prevention, Misti Jimer-son; EMS for Children/Injury & Disability Prevention, Jeannette Shipley

Office of Local & Rural Health

Linda Frazier, Public Health

Workforce Development Coordinator

Bureau of Air and Radiation

Radon Program, Kim Steves

Bureau of Environmental Field Services

Pollution Prevention-Small

Business/Community Support, Cathy Colglazier

Bureau of Environmental Remediation

Spills & Meth Watch Program,

TJ Ciaffone

Bureau Waste Management

Kansas Don't Spoil It, Maria Albert

External Exhibitors

Alzheimer's Association

Jazzercise

Kansas Soy Bean Commission

Shawnee County Extension Office

State of Kansas HealthQuest Program

The Comfort Zone

The American Cancer Society

US Coast Guard Auxiliary

Valeo Behavioral Health Care

YMCA

YWCA



TJ Ciaffone, Meth Watch Program, discusses the perils of illegal meth activity in Kansas with a fair attendee.